THE BRIDGE

A monthly newsletter connecting CSUN public health students, faculty, alumni, and communities

A Message From the Editor

Just like that, spring semester is in full swing! With this new season and semester, The Bridge welcomes our newest editor and BSPH student, Paola Santos. We look forward to bringing her passion for community and personal health into the development of this newsletter throughout the semester.

While we continue to have cold and rainy weather, we look forward to the possibilities of what will bloom with spring. On March 12th we will see the return of daylight saving time. With this in mind, a shift in seasons can be a good time to refresh your wellness practices, and what better way than starting with a little spring cleaning! Tending to one's environment provides individuals with numerous health and wellness benefits while making room for change.

This edition highlights exciting news and contributions from faculty, students, and alumni. As always we offer a number of interesting reads, job and internship opportunities, as well as a calendar of events for March. Whether you are a new reader or dedicated supporter, we invite you to let these stories and achievements featured in this issue inspire and motivate you.

Amanda Van Dyke

Newsletter Highlights

Meet Paola Santos

Spotlight Central

This is Public Health

Calendar

IT'S A SPRING THING

Meet our new Editor

Paola Santos
(she/ her/ hers)

My name is Paola Santos and I am excited to join The Bridge! I'm studying public health at CSUN and I plan to graduate at the end of spring 2023 with a BSPH. As a first-generation student, I often had to find my own way and therefore one of my personal goals is to be a role model for members of my community. My passion for health and for helping others comes from the people in my community and their resilience. This program taught me the importance of our individual and collective health. I believe in being open and honest, in treating people fairly, and in working to ensure that all people have the care and resources needed to be healthy.

How spring cleaning can enhance your health and well-being.

The Benefits

Increases ability to focus

- The removal of distraction within your immediate environment can help your brain's ability to process information. If you work or study from home, this is a must!

Boosts mood

- Research and personal experience goes to show how a freshly made bed and tidy environment can simply leave you feeling better.

Decreases exposure to daily stressors

- Are you consistently loosing your car keys or phone? Are you unable to see your bedroom floor? You may be suffering from "chronic clutter syndrome." Thankfully stress from this is 100% preventable. Set a day or two a week where you tend to your space.

Quick Cleaning Tips

Start small.

Make it fun with music.

Do it daily. *Set a timer.*

On campus wellness resources:

UNIVERSITY STUDENT UNION
OASIS WELLNESS CENTER
WHERE MATADORS BELONG

University Counseling Services

UNIVERSITY STUDENT UNION
STUDENT RECREATION CENTER
WHERE MATADORS BELONG

Wellness Classes

Self Help Library
(818) 677-2366, Option 1

Group Exercise Classes

PUBLIC HEALTH PROGRAM UPDATES

Congratulations, Dr. Myriam Forster!

2023 Jerome Richfield Memorial Fellow

The Richfield Memorial Fellow celebrates a CSUN faculty member engaged in high-quality, high-impact research and in January 2023, CSUN's office of Research & Sponsored Programs announced that Dr. Myriam Forster (Department of Health Sciences) has been named the 2023 Jerome Richfield Memorial Fellow.

Dr. Forster's work focuses on the role of early life course adversity in adolescent and young adult health outcomes. One significant adversity, familial incarceration, impacts millions of U.S. children, predominantly youth of color and youth living in low-income communities.

Save the Date!

Dr. Forster will present "The Impact of Familial Incarceration on Youth Outcomes: The Promise of University-Community Partnerships for Health and Wellbeing" on **April 5th** from 3 pm to 5 pm at the Orchard Conference Center as part of the Provost Colloquium Series.

Public Health Faculty Receive HHD Innovation & Collaboration Challenge Grants

The grants sponsored by the College of Health and Human Development (HHD) encourage innovation and collaboration between faculty, students and staff in HHD and their counterparts in other colleges.

Community dissemination program of a qualitative study findings on physical activity among Latinas in the San Fernando Valley.

The proposed project seeks to analyze existing qualitative data on physical activity among Latinas, specifically in the San Fernando Valley. **Dr. Lisa Chaudhari** and colleagues proposed putting together an interdisciplinary team of faculty from health sciences (HHD) and urban studies and planning (SBS) and engaging students from both of these colleges to analyze existing data, prepare presentations for the community, and deliver the findings in engaging ways to the community. Their long-term goal is to develop interventions that address the very findings of this study.

The Pathways Program

The Pathways Program is an innovative collaboration that brings together Public Health faculty (**Dr. Carla Valdez and Prof. Tanya Wicks**), graduate and undergraduate Public Health students, and faculty partners from CSUN's Michael D. Eisner College of Education, and the College of Humanities to develop a Community Health Worker (CHW) certificate program for local high school students, to create a pathway for high school students to health-related degree programs at CSUN, and to increase the number of qualified CHWs.

IMPORTANT PROGRAM UPDATE FOR BSPH STUDENTS!

A note from the Public Health Faculty

There are some exciting changes coming to the BSPH academic internship!

We believe that this new approach will:

- sharpen your professional communication skills.
- help you explore public health career options.
- empower you to identify values, interests, and internship goals.
- assist you to prepare a resume, cover letter, and practice interviewing.
- teach you the skills needed to transition from a student to a public health professional.

Your graduation date will determine how the plan will effect you. Check out the information below to learn more.

When do you plan to graduate?

Summer or Fall **2023**

Not sure?

Spring **2024** or after

BSPH STUDENT SPOTLIGHT

Q and A with Nicole Thomas

Public Health Undergraduate and Student Athlete

Are you enjoying being at CSUN and majoring in Public Health?

My experience at CSUN has been amazing! I finished my general education classes last year, and I am now focusing on the major classes related to public health. I was very surprised to see how many different classes and routes there were to the public health degree.

I am taking a wide variety of major courses and the class I am most excited for is environmental health. I love learning about how society can positively impact the environment, and in return it will do the same for us.

"Public health is important to me because I value a clean and healthy lifestyle which should be available to everyone!"

What is it like being a student athlete?

Being a student athlete has been challenging as much as it has been rewarding. The most challenging aspect is balancing school, sports, and my social life. After a two hour long practice, and an hour session of weights, getting ready to go to class almost seemed impossible at first. Once my schedule became more routine, it no longer seemed impossible and I was able to grow from the experience.

My public health professors at CSUN have been nothing short of amazing! I credit a lot of the success I have had so far to them because they are personable, understanding, and thought provoking. Being a student athlete is hard, and having professors that communicate well, and who are flexible makes my life as a student athlete much more enjoyable and manageable, so shout out to them!

Being a student athlete at CSUN has given me the chance to be a part of a community that is diverse, welcoming, and inspiring! Water polo pushes me to my limits which will help me later in life when time constraints, stress, and anything else life decides to throw at me happens. I'm thankful to be a part of CSUN's athletic program and would not want to be anywhere else.

You are on track to graduate in 2024. What do you hope to do after graduation?

After graduating from CSUN I hope to continue on to nursing school, and later become a postpartum nurse. I am also obtaining a minor in human lactation which has been very exciting because two years ago I never would have expected to be where I am today. Public health will help me after I graduate because I will know much more about the medical system as a whole, and be able to apply that knowledge in a hospital setting.

MPH STUDENT SPOTLIGHT

Jennifer Kuo

Graduate student Jennifer Kuo is in her final semester of the MPH program concentrating on Community Health Education. Her passion for promoting art, mindfulness, and community engagement within public health practices is at the core of her work.

Working in Wellness

Currently Jennifer works as the program manager at UCLArts & Healing, in addition to her role as a project coordinator at CSUN's Institute for Community Health and Wellbeing. Within these organizations Jennifer is responsible for facilitating and promoting initiatives that enhance individual and communal well being.

When she's not at work you may find her volunteering with the Tea Haven project at the Marilyn Magaram Center. The project offers workshops that incorporate therapeutic elements of music, immersive art, tea education, sustainability, and tools for better mental health practices.

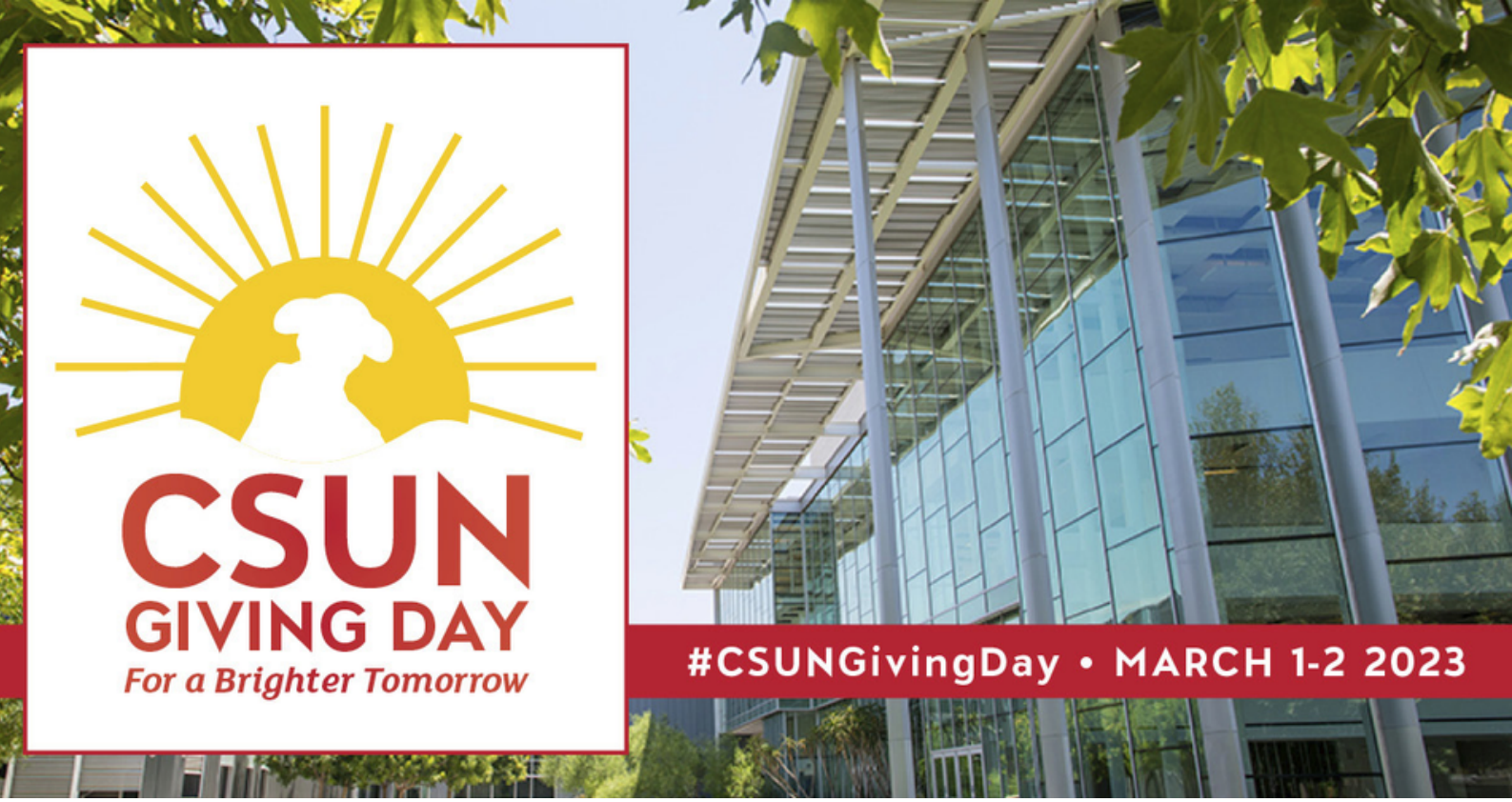
Jen participates in communal drum circle with UCLArts.

Jen helps host an HWB tabling event on campus.

Recently, Jennifer was awarded a Career Development Grant issued by the American Association of University Women (AAUW) for the 2022 -2023 academic year. This grant provides funding to women who are working to advance or change careers, or re-enter the workforce in education, health and medical sciences, science, technology, engineering and math (STEM), or social sciences. This funding has allowed her to attend various conferences to enhance her knowledge and awareness of health related advancements. In addition, conferences are a great way for Jennifer to network and meet other professionals in the field.

Interested in applying for the Career Development Grant?

The next application period opens August 1st 2023!



Dear CSUN Public Health Alumni, Faculty, Students, Community Partners, Friends, and Family,

The CSUN **Public Health Alumni Chapter** is taking part in **#CSUNGivingDay**, CSUN's global giving day, from March 1st to 2nd.

We'd love to for you to be a part of our success. We need your support to help current BSPH and MPH students register for the **CHES exam**. Certification establishes a national standard of professional excellence and ensures practitioners are competent and knowledgeable. For every $1,000 we raise, we can assist 10 students in taking the CHES exam.

Help us spread the word by sharing, liking, or posting on Facebook, LinkedIn, or Instagram.

We hope you'll help out and make a gift too! Follow these step by step instructions.

Thank you for your support,

Kim Mendoza (MPH '22) and Sam Welton (BSPH '23)
Public Health Alumni Chapter Co-leaders

CSUN GIVING DAY
For a Brighter Tomorrow • March 1-2, 2023

HEALTH AND HUMAN DEVELOPMENT CONFERENCE

"Promoting Inclusive Excellence Through Innovative and Creative Strategies."

The inaugural College of Health and Human Development (HHD) Research Excellence and Innovation Conference took place over the course of November 17th and 18th, 2022 in the USU Northridge Center. This conference was organized on behalf of the Dean's Office and the Research Success and Conference Committees.

This conference showcased the diversity of disciplines in the College through research presentations (oral and poster), workshops, alumni panel round table, interactive sites in collaboration with the Fernandeno Tataviam Band of Mission Indians to promote healing and connection of the past, present and future, tasting of food products developed by students, two virtual Qualtrics sessions, and exhibits from HHD student groups. The day 1 opening session included a welcome by university president, Dr. Erica Beck, and a dance performance by students in the Department of Kinesiology.

There were over 300 attendees including CSUN students, faculty, staff, alumni, community members and sponsors. The Department of Health Sciences (HSCI) played a vital role in planning and managing the conference. Dr. Kacie Blackman served as the conference co-chair, and HSCI faculty, students, and alumni participated in the HHD Research Success Committee, HHD Conference Committee, alumni panel round table, student clubs session, and in student and faculty podium and poster presentations.

HHD Conference Co-Chairs

Dr. Kacie Blackman (left), HSCI and **Dr. Rosalia Garcia-Torres** (right) FCS, speaking at the opening session.

Research Presenters

Dr. Rosalia Garcia-Torres (left), BSPH student **Liana Gutierrez,** BSPH Alumna, **Ashlyn Southerland**, and Dr. **Mirna Sawyer** (right), HSCI.

Additional Links and Online Resources

HHD Virtual Qualtrics Workshop I: Intro to Basics with Hui Bian, East Carolina University

HHD Virtual Qualtrics Workshop II: Intermediate, with Hui Bian, East Carolina University

HHD Donor Insights Video

Our Students in Action

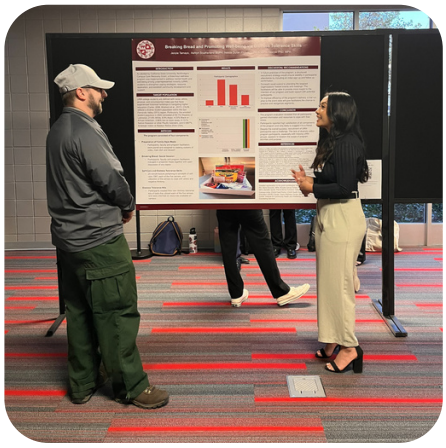
During the HHD conference current and former BSPH and MPH students were hard at work promoting the findings of their research and interacting with attendees.

HESO
Health Education Student Org.
California State University Northridge

President, **Madaly Recinos** (left) and Secretary, **Rose An Mary Kadavumkal** (right), both BSPH students, presenting about HESO.

Ashlyn Southerland, (BSPH '22) presenting on Mindfulness Based Stress Reduction.

Jenzie Tamayo, BSPH student, discussing data found from distress tolerance project "Breaking Bread."



Congratulations to our Award Winners!

MPH student **Abnous Shahverdi** (left), mentored by Dr. Myriam Forster (HSCI), was awarded Best Student Presentation. Psychology student **Katrina Silos** (middle), mentored by Dr. Patty Kwan (HSCI), was awarded 2nd Place for Student Presentation. Awards presented by **HHD Interim Dean Mechelle Best** (right).

HHD Interim Dean Mechelle Best (right) presents **Dr. Suzi Spear** (left) with the award for "Best Faculty Presentation."

THIS IS PUBLIC HEALTH

The Bridge will share recommended readings, podcasts, and job/internship opportunities every month. Click the underlined hyperlinks below to learn more.

Rewarding Reads

Plain Language for Public Health:
Using plain language can advance health literacy, build trust in your organization as a source of information, and promote overall community health. Use this resource to learn more about plain language.

Childbirth Is Deadlier for Black Families Even When They're Rich, Expansive Study Finds:
"In the United States, the richest mothers and their newborns are the most likely to survive the year after childbirth — except when the family is Black, according to a groundbreaking new study of two million California births. The richest Black mothers and their babies are twice as likely to die as the richest white mothers and their babies." Read the study paper or the article from the New York Times.

Inequity in US Abortion Rights and Access: The End of Roe Is Deepening Existing Divides:
This policy analysis from the Guttmacher institute states that "while abortion bans and other legal restrictions harm all people who are or may become pregnant, they cause even greater harm to those already subject to systemic racism and economic injustice."

Listen & Learn

Where Can I Apply?

The Latest on Social Media Use by Children:

Thirteen is too young for social media use, hear what Surgeon General Vivek Murthy has to say.

Associations Between Screen-Based Media Use and Brain White Matter Integrity in Preschool-Aged Children

Association of Habitual Checking Behaviors on Social Media With Longitudinal Functional Brain Development

Digital Communications Strategist
(Remote, Full time)
Public Health Institute is an independent, nonprofit organization dedicated to promoting health, well-being, and quality of life for people throughout California, across the nation and around the world.

Health Education Internship
(Part time)
Sustainable Economic Enterprises of Los Angeles (SEE LA) is a leading Southern California nonprofit organization connecting people to healthy food, promoting economic development, and building sustainable food systems.

CSUN®

COLLEGE OF
HEALTH AND HUMAN
DEVELOPMENT

Student Town Hall

Tuesday, March 7, 2023
USU, Thousand Oaks Room
12:30 - 2:00 P.M.

Discuss your questions and concerns
with Interim Dean Mechelle Best,
and Associate Dean Dimitri Tamalis,
College of Health and Human Development

We want to hear your voice!

Refreshments will be served.

Requests for accommodation services must be made 5 days in advance.
Contact dimitri.tamalis@csun.edu

MARCH

S	M	T	W	T	F	S
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12	13	14	15	16	17	
19	20	SOPHE		23	24	25
26	27	28	29	30	31	

7-8 Essential Access Health: Women's Health Update 2023

8 International Women's Day 2023

10 HESO: CHES Exam Study Session

18 Global Recycling Day

20-26 CSUN Spring Break!

21 Healthy People 2030 Webinar Series: The Importance of Preventive Services and Lessons Learned from the Pandemic (Registration Required)

21-24 SOPHE Annual Conference

22 World Water Day 2023

SIGN UP FOR OUR NEWSLETTERS!

Click the link below to subscribe to our email list and get monthly access to our newsletters!

SIGN UP

GOT A STORY TO SHARE?

Let's stay informed! Contribute to The Bridge by filling out our content form so we all stay updated and connected!